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*You can teach a man to fish, but he needs a hook, bait, line, a pole, access to fishing, a way to cook the fish for his family, or a place to sell it.*

*~ James Fernando, MD, February Kopanga Team Member*



## Last Chance for Dial M for Murder Tickets

You know the advertising trick – tell people something is scarce (even if it isn't) and they'll rush to buy.

Well, we're not going to pull that one on you. We're going to be honest. Unfortunately, ticket sales for P4P's March 28 Spokane Civic Theatre event, ***Dial M for Murder***, are not flying out the window. So, if you've been thinking of attending this Alfred Hitchcock thriller about money, marriage and murder, please don't hesitate to purchase tickets.

P4P needs your support and we guarantee you'll enjoy yourself. Complimentary snacks, a no host bar, raffles and an edge-of-your-seat thriller make for a great evening. All that fun and you'll be supporting our programs in Kenya. Plus, it is a great night out on the town to connect with P4P, friends, fellow volunteers and the community.

Doors open at 6:15 p.m. for appetizers and a no host bar. Curtain time is 7:15 p.m. Tickets are \$35 for adults, \$30 for students or \$300 for a group of ten and can be purchased at <http://partneringforprogress.org/civic-theatre-benefit.html> or by calling **(509) 720-8408**. Join us and enjoy a night of theatrical mischief and mayhem while supporting your favorite non-profit.

[Purchase Tickets](#)

We also wish to thank the following sponsors for underwriting the cost of *Dial M for Murder*. Their generosity makes it possible for P4P to use nearly 100% of the benefit proceeds on programs in Kenya. ***Asante Sana!***





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## **Notes from the Field**

**By Nereah Obura, P4P Program Coordinator**

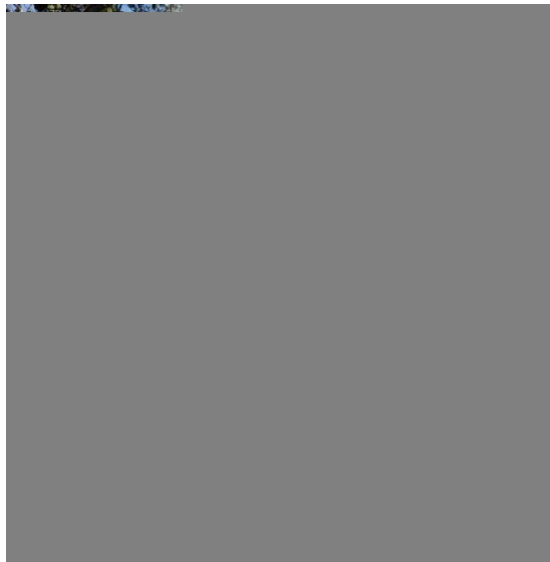
Reducing poverty is the overarching goal of P4P's Economic Development program. The February P4P team met with our next group of farmers,

graduates and several Maendeleo Pamoja groups (Swahili for Progress Together).

We rented chairs that were used the whole week at the clinic and were from one of the Maendeleo Pamoja groups, the Kopanga Community Health Volunteers. The tent



which provided shade for patients awaiting care was rented from the Gwasi Giribe group. See Pat's Trip Report (below) for information on what the other groups have accomplished.



The high school graduates joined the meeting to showcase what they have done following the crochet training in December. They sold one shaggy mat (door rug) at KSH 5000 (about \$45 US) and gave one as a gift to P4P. It will be showcased at the Into Africa Auction this fall. The graduates hope to sell more to uplift their economic status.

Pat Lynass accepts shaggy mat gift

Farmers were each given one bag of fertilizer and four packets of seeds. They await much-needed rain to begin planting. Each farmer

will share a bag of corn from their harvest with P4P to support a high school student's fees.



James Fernando and Stacey Mainer helping with fertilizer

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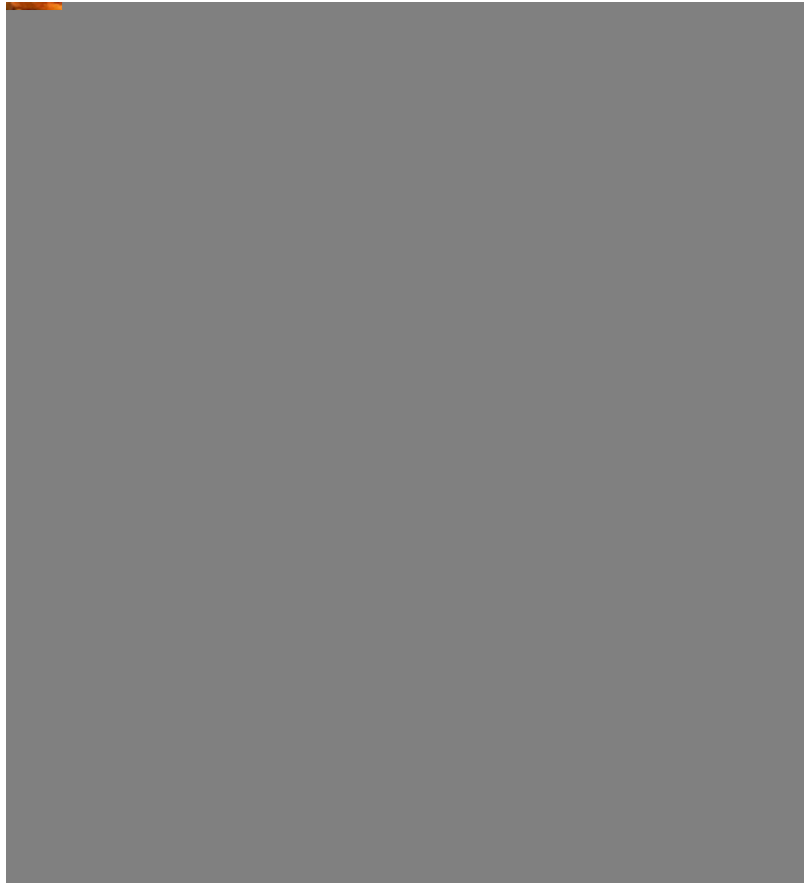
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## In Their Own Words

### *The February Team Reports on their Kopanga Experience*

**Pat Lynass, Trip Leader**

My last P4P trip to Kenya was in 2011 and I was amazed at the tremendous population growth in the villages and outlying areas.



Pat meets with the Community Health Volunteers

The ongoing need for P4P's services is obvious, and I could see the positive outcome of our programs -- from Power of Milk (POM), to advancements in clean water and sanitation, health, and education. Doing Days for Girls presentations at the schools was a highlight for me as was meeting Brenda Mutai, DFG coordinator in Bomet. Meeting with the government ministers and medical providers was enlightening and it was encouraging to see their enthusiasm for what P4P is doing and learn that the

majority of our goals are aligned.

I saw the appreciation of scholarship students and their parents/caretakers for the opportunity to continue schooling with the help of P4P scholarships. The success and enthusiasm of the various economic development groups is promising and I appreciated their openness to developing sustainable programs when P4P no longer supports them.

Having Nereah as P4P's "feet on the ground" is a blessing for our organization, and she is quite the role model for young girls and men. Our interpreters were incredible. The entire P4P service team worked with empathy, professionalism and care for the patients and it was especially gratifying for me to have my daughter, Kim, on the team. Everywhere we went we were greeted with warmth, love and the sincere appreciation and thankfulness for the work P4P is doing.

**James Fernando, MD - second year resident, medical care**

Kenya is a fantastic country, with wonderful

people and a deep culture. All of this is so starkly contrasted with the abject poverty that these people experience where the cycle of poverty is so well entrenched. You can teach a man to fish, but he needs a hook, bait, line, a pole, access to fishing, some way to cook the fish for his family or a place to sell it.



Dr. James with mother and infant at the Ogada Clinic

Nereah (P4P Program Coordinator) is intelligent, clever, and truly grasps the complexity of both teaching and equipping people to make change in their lives. Watching her work made me understand why she is such a valuable ally and resource for P4P and underscores the importance of having local connections and a lasting commitment to the region which makes P4P's work lasting. Hopefully both our support of the people in Kopanga and their impact on us will leave everyone involved with a renewed and sustained commitment to better our communities.

### **Justin Woods, MD - third year resident, medical care**

This was a great trip with a fun group of people. It was encouraging to see the sustainability of P4P's projects in contrast to a lot of other non-government organizations who just go in to Africa then leave without continuity

in the community. I'm excited for the possibility of going on another trip with P4P in the future.



Dr. Justin with a mother of infant at Ogada Clinic

## **Laura Fralich, MD - sports medicine & family practice, medical care**

The trip to Kenya was remarkable. I was struck by the resiliency of the people we met. There is a need for so much where we served, it is hard to describe. I think only people who have been there truly understand the magnitude of need in the area. I came away thinking simply providing better access to clean water for consuming and washing, along with

Dr. Laura examining patient at mobile clinic



education, would likely eliminate 50% of their public health and social issues. There were many personal experiences that resonated with me including the mobile clinic, a home visit to stabilize two fractures for the same elderly woman, visiting a school to provide eyeglasses for students and teachers, hearing the Days for Girls program, the kindness of the Maranatha staff, and our Frate Tours drivers who were so accommodating and pleasant. Thank you for giving me the opportunity to be part of such a meaningful program.

## **Kim Peterson, MPT - Days for Girls, physical therapy care and instruction**

I think the most surprising part of the trip for me was seeing how populated Kenya is. I expected to see wide open, uninhabited spaces but there were houses all along the eight-and-a-half hour drive from Nairobi to Migori. Getting to see how people live in a Third World country gives new meaning to the term "basic health."

Kim trains Community Health Volunteers in physical therapy exercises

Before this trip, it was hard for me to understand why someone might not wash their hands after using the restroom or before eating. Then I saw how far people have to walk carrying a bucket of water to their home for everyday use. Running water is not something the majority of people have. One of the most memorable experiences during the trip was traveling with Laura (Fralich) to a women's home to make a thumb spica splint and a lower extremity splint for a suspected tibia plateau fracture. I also really enjoyed presenting Days for Girls training at several local schools.

## **Donelle Garrett, LPN - Days for Girls, nurse and medical care assistance**

I think the biggest impact on me was seeing the amazing poverty and the very sick babies in the Power of Milk program. Overall, it was an amazing, great trip.

Right: Donelle and Kennedy organize the pharmacy for the mobile clinic

## **Stacey Mainer, ARNP - nurse practitioner, medical care**

I love seeing the moms/guardians engage during Power of Milk day and I also love distributing the blankets that our volunteer makes. The caregivers show a lot of joy in receiving them. Doing exams on all of the babies was an experience. Laura (Fralich) and I were in an exam room with each of us examining a baby on opposite sides of the room. The guardians who were

Stacey examines an infant in the Power of Milk program

waiting their turn kept coming into the room so we had a symphony of crying

babies, caregivers talking with each other, translators translating. It was a sight – and a sound -- to behold.

The mobile clinic was also memorable. We saw over 100 patients, all who waited quietly for their turn. We even received a chicken as a thank you. We had a great team. Everyone was flexible, and we laughed a lot!

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**Volunteer**

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## **February Trip Report by Pat Lynass, Trip Leader**

*(Editor's note: the following was condensed from Pat's comprehensive 15-page report of the five days the team spent working in the Kopanga area.)*

## **Mobile Clinic**

We saw 103 patients in about six hours at the mobile clinic at Shirikisho Church. Stacey Mainer and doctors Laura Fralich, James Fernando and Justin Woods provided health care. Donelle Garrett staffed the pharmacy. Kim Peterson handled physical therapy cases, helped the physicians and assisted with scabies training and administration. I conducted health education and demonstrated water safety and purification. Staff members from the Ogada Clinic worked with us and acted as translators.

During Kim's physical therapy training with Community Health Volunteers (CHVs), one woman told us her doctor prescribed more sex to alleviate her back pain.

Margaret, a patient we treated with a fractured wrist, had a cast made with small sticks and sisal. She returned later in the day with a live chicken for Stacey as a thank you. Before leaving we gave the chicken to a CHV.

## **Ogada Clinic**

The medical team treated a large number of patients at the Ogada Clinic. I conducted additional health education. Questions centered on where to get mosquito nets and how HIV is spread.

## **Days for Girls**

### **Presentations**

Donelle and Kim presented Days for Girls (DFG) at Nyabukemo Primary School where 30 kits were distributed. Kim and I went to Magongo Ribe Primary School and distributed 27 kits.

## **Water**

We delivered water testing kits to high school teacher Victorine. The two water tanks provided to Magongo-Ribe Secondary by P4P appeared to be in good working order.

## **Meetings with Community Leaders**

Nereah and I met with numerous education leaders, ministers, directors and teachers. We discussed preschool education, the cost of education, teacher shortages in the Kopanga/Giribe area, possible economic development projects, teacher training, the shortage of activity books, teaching aids, puzzles, scissors, crayons, etc.

We received positive feedback on DFG kits, heard suggestions that the kits could be manufactured locally, and discussed ways to decrease teen pregnancy with the possibility of assertiveness/empowerment training for girls.

Stacey, Nereah, Emmanuel (nutritionist) and I met with Dr. Elizabeth Mgamb, Director of Medical Services and shared P4P's work with DFG, Power of Milk Program (POM) and CHV training plus P4P's future goals including income generating activities (IGA). Dr. Elizabeth shared that the County Health Action Plan is closely aligned with P4P's goals.

## **Scholarship Meeting**

We met with scholarship students, their parents/guardians and the local Education Committee. The scholarship program is highly valued. Students and parents appear to be invested in the program. When we asked for ideas on how the community can help sustain the scholarship program, the group suggested milling sweet potatoes and maize, establishing a technical institute, buying and selling cereals and grains, crocheting and weaving products for sale and establishing a hospital or clinic.

Rose - holding a P4P brochure featuring her picture

## Economic Development

Eight women from the Young Sisters Women's Group came dressed in their signature red dresses. They generate income by buying grain in large quantities and selling it in smaller quantities at the Manyera market.

Eight members of the Masrura Water Point

Self Help Group, wearing green polo shirts, reported they have purchased plastic chairs and rent them to groups. They used their \$200 grant to purchase one acre of land, fertilizer and seeds. The Nyikojwang Women's Group is involved in farming, brick making, and chairs for hire. They initially purchased 30 chairs with the \$200 grant and now have 90. Ten people from the Gwasi Giribe Self Help Group attended. They rent chairs, tents and raise beans and maize. Kopanga CHV group rents chairs.

Five of the "new" farmers attended our gathering and were each given a bag of fertilizer and a bag of seed.



High school graduates shared the mats they had made following their crochet training by Nereah. They sold one mat for about \$45 US and hope to continue making and selling the mats.

## **Power of Milk**

Power of Milk Day at the Ogada clinic saw approximately 50 mothers/guardians who brought their malnourished infants to the clinic. Six or seven new babies joined the group. Babies were weighed, measured and received Plumpy'Nut™, lunch and a flannel blanket.

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Thanks to Thrivent member recommendations, we received \$805 in charitable outreach funds.

If you are a Thrivent member, now is the time to direct your Choice Dollars. Go to the Thrivent Choice page on [Thrivent.com](http://Thrivent.com) to direct your funds. *Please do it soon since they expire on March 31st.*

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